



Soldier and Family Programs Newsletter



US Army Cadet Command: Leadership Excellence

Mission:

The U.S. Army Cadet Command partners with universities to recruit, educate, develop, and inspire SROTC Cadets in order to commission officers of character for the Total Army; and partners with high schools to conduct JROTC in order to develop citizens of character for a lifetime of commitment and service to our Nation.

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Army Child Care Fee Assistance Programs

January 2016

Since 2004, Installation Management Command (IMCOM) G9 Family and MWR Programs have offered Army Child Care Fee Assistance programs. Although a transition is planned for the program to be administered by Child Care Aware® of America, it is currently still run by the General Services Administration (GSA). Application forms and program details are available on <http://www.gsa.gov/portal/category/107359> -- the Army Fee Assistance page. GSA can be contacted at: (866) 508-0371 or email: army.childcare@gsa.gov.

The Army's Fee Assistance Program assists qualifying Army Sponsors (eligible Soldiers or Civilian employees) with the cost of off-post child care when on-post child care is not available. The benefit is available to children from birth through 12 years of age.

Program Requirements/Description: Sponsor is an Active Duty Soldier, Activated Army National Guard or Reserve, or Department of Army Civilian. There is no child care space available at your Army installation or you are eligible because of being geographically dispersed.

Your spouse or partner must be working, attending school, or looking for work/or enrolling in school and need child care at least 16 hours per week -- except for school age children during the school year. The status of the spouse and the amount of child care needed must be evaluated to determine if Fee Assistance should be full-time, part-time, or unauthorized due to insufficient hours.

Child care providers not already enrolled in the Army Fee Assistance program must qualify and enroll with the GSA prior to Fee Assistance being approved.

The child care provider and Army Sponsor must validate, sign, and submit monthly Attendance Sheets (provided by the AFA program) to the GSA for issuance of the Fee Assistance subsidy directly to the provider.

Please take into account it might take as long as three months before your application is evaluated and benefit amount calculated. If your application is approved, the benefit payment will be retroactive to the first month when the application was submitted or date of enrollment in child care -- whichever is later.

Stress Management and Coping Skills

In conjunction with Soldier and Family Program's Suicide Prevention Month (September) activities, a Stress Management and Coping Skills brief was offered to all Cadet Command HQ employees. The presenter -- an experienced Military Family Life Consultant (MFLC) -- suggested methods people can take to avoid, minimize or navigate through a stressful situation.

Our central nervous system which comprises the brain and spinal cord, instinctively looks for negative things in the environment because it is designed for self-preservation. This leads to anxiety, negative thoughts about the future coming to the present, which affects our body chemistry. Various chemical neurotransmitters found within our bodies -- epinephrine (adrenalin), noradrenalin and dopamine -- are secreted in response to stressful situations. These can help us to cope and feel good. Tyrosine which is involved in the production of epinephrine and noradrenalin can be acquired by eating pork, thus lending credibility to eating bacon in order to feel good.



Just stopping and taking some deep breaths is extremely effective in alleviating stress. Remind yourself that you are safe. Another suggestion is to make simple, small changes in your daily life to effect changes in brain chemistry which help reduce stress. Examples include taking a different route to work or eating with your non-dominant hand. Engaging in a creative activity is a further method for stress reduction. And finally non-coercive exercise, preferably cardiovascular, is recommended for inspiring a positive outlook.

HQ Soldier and Family Programs Division

The USACC HQ G-1 Soldier and Family Programs Division supports Soldiers and Families assigned to USACC via the following programs and services: Army Family Action Plan, Army Family Team Building, Army Volunteer Corps Program, Virtual Family Readiness Group, Family Advocacy Program, Suicide Prevention, Leased Government Housing Program, Financial Management and Assistance, Relocation Assistance Program, Sponsorship Program and Information Referral and Follow-up



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MWR Isolated Unit Funds

Because it is intended for military personnel whose duty location is not on an installation, the MWR Isolated Unit Fund Program is of interest for USACC personnel assigned to universities. Providing funds for active duty Soldiers for off-duty entertainment or custom printed promotional items for the unit is the premise of the program. Cadre at schools located outside a radius of 12 miles from a DoD installation with MWR facilities/programs are eligible to participate.

While they cannot be used for alcohol or tobacco, these substances can be present at the event venue. Typically the money is used to treat for a meal; however other possibilities include – T-shirts, coins, rucksacks and ball caps – custom printed for the unit. The amount available is \$2.50 per Soldier per month based on unit strength reports submitted for a quarter. Requests can only be submitted for the current quarter and one prior. For units where the headcount

does not exceed 11, a single annual strength report suffices for the entire fiscal year.

If a university has never been approved, a request for Isolated Unit Status Validation must first be submitted to their regional MWR POC. IMCOM has created a special version of the form for USACC which authorizes a University PMS to sign -- it does not have to go through the Brigade Command for a signature or submission. The MWR POC will then record the request and forward it for IMCOM approval. Once a unit is approved through IMCOM, it just needs to send strength reports and IUF requests to their regional POC.

Once a university has been approved, it does not need to reapply for the program. As long as the MWR location has a record of an approved application and the corresponding authorization number, the PMS must simply submit a current Strength Report to receive the funds. It doesn't matter how far in the

past the original application was approved or if years have passed with no request for funds being made.

Please contact Soldier and Family Programs for the special PMS IUF Validation Form and the designated MWR POC for your university location. **Because the MWR POCs are not lined up with the USACC brigades, there is no single POC for any given brigade.**

A Soldier and Family Program's survey of all the MWR POCs in the 3rd quarter of 2015 showed that 168 of our universities had been approved at some point in time to receive the funds and of the universities on the survey list, there was no record of 101 ever applying. At the time of the survey, of the 168 with approval, only 48 had applied for IUF in FY2015.

Primary POC at Soldier and Family Programs for the forms and designated MWR POC is Iva Pearlstein 502-624-6239.

Expanding our Social Media Program

Our Facebook Page has been providing relevant information and news since 2012. Now Cadre, Cadets, and Family members can also tweet with USACC Soldier and Family Programs.

Relocated in December 2015, our new page can be found by searching US Army Cadet Command Soldier and Family Programs on Facebook. Simply like our page in order to follow us. You can also follow USACC (ROTC) by going to <https://www.facebook.com/cadetcommand?fref=ts> and

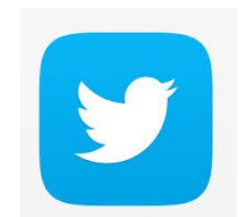


liking their page. Follow Soldier and Family Programs on Twitter by going to <https://twitter.com>, then searching @USACCSFP. USACC ROTC can be followed by searching @ArmyROTC.

Finally if you aren't sure who to contact at Soldier and Family Programs, reach us all with a single address -- USARMY Ft Knox USACC



Mailbox HQ G1 Soldier and Family Programs
usarmy.knox.usacc.mbx.hq-g1-soldier-and-family-programs@mail.mil



Four Chaplains Who Made the Ultimate Sacrifice

The Four Chaplains' Medal was authorized by Congress in July 1960. Secretary of the Army Wilbur M. Brucker presented the award posthumously on 18 January 1961 to the families of the Four Chaplains at Fort Myer, Virginia.

It was never given before and will never be awarded again.

The heroic actions of four Chaplains on an allied ship hit by a German U-boat torpedo were described as "the finest thing I have seen or hope to see this side of heaven." After midnight on 3 February 1943, the U.S.S. Dorchester – a troop ship ferrying 902 Soldiers to a base in Greenland – was torpedoed and started to sink. The initial blast killed or wounded scores of men. Panic quickly set in as those still able, tried to escape the sinking ship.

Calming and assisting the Soldiers to safety were four Army Chaplains: Lt. George Fox, a Methodist; Lt. Alexander Goode, a Jewish Rabbi; Lt. John Washington, a Roman Catholic Priest; and Lt. Clark Poling, a Dutch Reformed minister.

After opening a storage locker, the chaplains began distributing lifejackets. When the supply of lifejackets was exhausted, the four Chaplains simultaneously removed theirs and gave them to the next 4 Soldiers in line -- religion played no role in who received

them. As the ship went down, survivors in nearby rafts viewed the four Chaplains with arms linked together. Also audible were their voices offering prayers and singing hymns. Of the 902 men aboard the Dorchester, only 230 survived.

Cooperation between clergymen of different faiths was not nearly as common as it is today. Regarding the action, reporter Michael Gabriele stated, "It resonated not just as an inspirational act of valor in war, but as a supreme demonstration of interfaith unity and compassion. Four men from different religious backgrounds joined together to answer the ultimate call of faith, sacrificing their own lives to save others."

Although the Distinguished Service Cross and Purple Heart were later awarded posthumously, Congress also wished to confer the Medal of Honor. However stringent requirements stated the heroism had to be performed under fire and the Chaplains

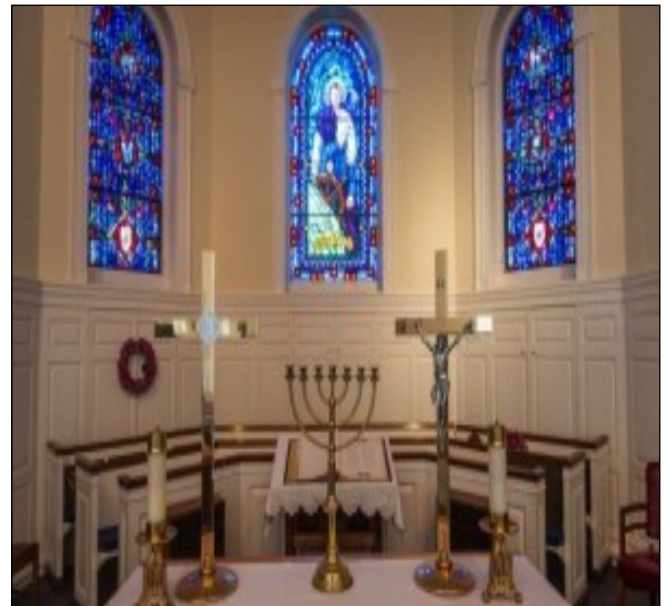


"This inter-faith shrine...will stand through long generations to teach Americans that as men can die heroically as brothers, so they should live together in mutual faith and good will."

President Harry S. Truman

were ineligible. Consequently a posthumous Special Medal for Heroism – The Four Chaplains' Medal – was authorized by Congress in July 1960. Secretary of the Army Wilbur M. Brucker presented the award posthumously on 18 January 1961 to the families of the Four Chaplains at Fort Myer, Virginia.

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Military OneSource – One Stop Assistance

Did you know that as an ROTC student or recently commissioned officer who has not yet begun military service, you are still eligible to take advantage of Military OneSource by phone or access online information at no cost ?

Available around the clock and around the world, Military OneSource is there to give assistance to service members and their Families. Provided by the Department of Defense (DoD), this no-fee program benefits Active Duty Soldiers in the Army, Navy, Marine Corp and Air Force as well as their immediate Family members. National Guard and Reserve Members are also eligible regardless of activation status. No matter where or when a situation arises, a service or military Family member can make a phone call or access the Military OneSource website to get help for almost any of life's issues.

Available through Military OneSource are links and access to the Spouse Education and Career Opportunities (SECO) career center. Career counseling is available at no cost to eligible spouses. Direct access to companies that are actively interested in recruiting military spouses is another benefit. Of further value is information about the Military Spouse Career Center Advancement Accounts Program which provides a maximum education benefit of \$4,000 to



spouses seeking a license, certification, or degree in a portable profession such as teaching or healthcare.

Health and wellness coaching is another valuable resource available at no cost through the program. Simply call the toll-free number to schedule a session. Coaching possibilities include: weight management, fitness, nutrition, health condition management as well as stress management and life transitions. Support is provided by the coach to help participants create an action plan in order to achieve their goals.

James Rodriguez, Deputy Assistant of Defense, shared an example of how Military

OneSource was able to assist a pregnant Military Spouse whose husband had just deployed. In a difficult predicament after her money, credit cards and ID had been stolen from her car while she was traveling home, she remembered being told at a pre-deployment briefing that Military OneSource would be there if she ever needed support. The consultant she reached helped her get free overnight lodging, a new military ID, cancel her credit cards, and even located a branch of her bank so she could get cash to continue her journey. They also enabled her to notify her deployed husband through the American Red Cross. As Rodriguez says, "All it took was a call."



Military OneSource Counseling Program Details

Military OneSource offers short-term, confidential, solution-focused, non-medical counseling (up to 12 sessions).

It is intended to prevent the development or exacerbation of lifestyle conditions that may compromise military and Family readiness.

Non-medical counseling programs provide confidential, short-term counseling to

active duty members, National Guard and Reserve Service Members, and their Families. Confidential non-medical counseling addresses issues such as improving relationships at home and work, stress management, readjustment following a deployment, marital problems, parenting, grief and loss.

Confidential counseling options are by phone, online, or face to face.



www.militaryonesource.mil

Rewards Beyond a Paycheck

This is a good time of year to think about helping others. Taking on a volunteer job is the perfect way to help, and it can also be very personally rewarding. Besides the positive feelings which come from being a good Samaritan, there are other benefits to volunteering.

If you are planning to apply for a scholarship or stipend, there is likely to be a requirement for a certain number of volunteer hours. Finding a volunteer opportunity that provides training or work experience in an area of interest for paid employment can be a key factor in landing a job later on.

Relocation can be an emotional hardship for Family Members, especially if moving far away from their family and friends. Volunteering is a great way to meet other people with similar interests and build a new network of friends and contacts. It can also be a method to strengthen family ties by participating in a project where the entire family can contribute.

If there is no American Red Cross volunteer program available in your area, then local schools, hospitals, and religious organizations would be a good starting place to look for opportunities.

Local Boy/Girl Scout troops can benefit from your experience in a wide variety of areas as they pursue merit badges. Volunteering can be one of the most rewarding job experiences that you will ever have!

To volunteer for positions in Cadet Command visit: myArmyOneSource Volunteer Management System (VMIS) website - <http://www.myarmyonesource.com/> and click on Volunteer Tools in the upper right corner.



Search by state and choose Cadet Command in the community field. If you'd like more ideas for local volunteer opportunities, check out the following web sites:

<http://www.serve.gov/>
<http://www.bluestarfam.org/>
<http://www.volunteermatch.org/>

“Volunteering can be one of the most rewarding job experiences that you will ever have!”



Leased Government Housing Updates

In order to meet the unique needs of dispersed Soldiers and Families, the Department of the Army has implemented the Leased Government Housing (LGH) Program.

Since Cadet Command Cadre can be assigned to duty locations where military housing is unavailable along with a lack of suitable housing in the private sector, USACC participates in the LGH Program. Once approved, a Service Member can take advantage of LGH where

housing is procured by the U.S. Army Corp of Engineers, but forfeits his or her Basic Allowance for Housing (BAH).

Regardless of rank, all USACC Soldiers are able to apply for LGH, however there are requirements for eligibility. The permanent duty station must be over a 1-hour commute from a military installation with government housing.

Furthermore, there must be a lack of affordable housing at

the Soldier's duty location. Affordable is defined as 20% out-of-pocket cost above the Soldier's allotted BAH rate. No more than two pets of any type are permitted and breeds for dogs must be listed on the application.

Recently changed is the initial application procedure. The application information along with required supporting documentation is to be submitted through USACC Soldier and Family Programs instead of applying directly on

the Corps of Engineer's website.

Also introduced in 2015 is a requirement for an annual inspection at all LGH properties.

Please take into consideration the application procedure takes from 45-60 days if you are interested in applying for the LGH Program.

Primary POC for the LGH Program is Heather Logan 502-624-6238.

Internet Resources

Army Reserve Military Benefits and Resources:
www.arfp.org

Army One Source site: www.myarmyonesource.com

Military One Source: 800-342-9647
 or www.militaryonesource.mil

Military Homefront:
<http://www.militaryonesource.mil/moving>

Military INSTALLATIONS:
<http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0>

Plan My Move: <http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

Military Youth on the Move: <http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

DEERS: 800-538-9552 or
<http://www.tricare.mil/DEERS>

Per Diem, Travel and Transportation Allowance Committee:
<http://www.defensetravel.dod.mil/site/allowances.cfm>

American Red Cross: www.redcross.org

My Pay website: <https://mypay.dfas.mil/mypay.aspx>

Army Partnership for Youth Success
<https://www.armypays.com/INDEX.html>

TRICARE:
TRICARE Standard information:
<http://www.tricare.mil/Plans/HealthPlans/TSE.aspx>

TRICARE Prime information:
<http://www.tricare.mil/Plans/HealthPlans/Prime.aspx>

TRICARE Prime Remote:
<http://www.tricare.mil/Plans/HealthPlans/TPR.aspx>

TRICARE Pharmacy Program Info: 866-363-8779
 or <http://tricare.mil/pharmacy>

TRICARE Dental (Dependents):
<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

TRICARE Dental (ADSM):
<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

Service Members' Civil Relief Act
 (legal protection for service members):
http://www.justice.gov/crt/spec_topics/military/scra.php

The official Army benefits website:
<http://myarmybenefits.us.army.mil>

Brigade Soldier & Family POCs

| | | |
|----------------------|-----------------------|--------------|
| 1 st BDE: | Mr. Joseph Clark | 502-624-1854 |
| 2 nd BDE: | Mr. Robert Sova | 609-562-1311 |
| 3 rd BDE: | Ms. Melissa Moore | 847-688-3328 |
| 4 th BDE: | Ms. Carolyn Young | 910-396-9620 |
| 5 th BDE: | Mr. Steven Keel | 210-295-0861 |
| 6 th BDE: | Ms. Doris Sales | 912-315-4613 |
| 7 th BDE: | Captain Lewis | 502-624-5658 |
| 8 th BDE: | Ms. Susan Cicchinelli | 253-967-3254 |
| CCHQs: | Ms. Kimberly Franklin | 502-624-5297 |
| CCHQs: | SFC Tanya Hypolite | 502-624-6220 |
| CCHQs: | Ms. Iva Pearlstein | 502-624-6239 |
| CCHQs: | Ms. Heather Logan | 502-624-6238 |

Military Family Life Consultants

Military Family Life Consultants (MFLC) are available on installations. MFLC's provide short term, situational, problem-solving counseling services to service members and their Families in face to face sessions.

Use the contact information below by brigade to request counseling. The numbers in green are direct to an MFLC counselor. Numbers in black are the POCs to help you get counseling at your location.

| | |
|-------------------------------------------|-----------------------------|
| 1 st BDE - Ft. Knox, KY | 270-307-2630 / 270-307-2631 |
| 2 nd BDE - JB MDL, NJ | 609-562-1311 |
| 3 rd BDE - Great Lakes, IL | 847-688-3328, x110, x123 |
| 4 th BDE - Ft. Bragg, NC | 910-396-9620 |
| 5 th BDE - Ft. Sam Houston, TX | 210-295-0861 / 210-710-2538 |
| 6 th BDE - Savannah, GA | 912-315-4613 |
| 7 th BDE - Ft. Knox, KY | 270-307-2630 / 270-307-2631 |

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